



Nichols Hills E-News

OCTOBER 2008

FIRE DEPARTMENT

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Upcoming Meetings

- Planning Commission Meeting Nov. 4th
5:30 pm at City Hall
- City Council Meeting November 12th
5:30 pm at City Hall
- Municipal Authority November 12th
5:45 pm at City Hall
- Environment, Health, Sustainability Committee November 26th
8:30 am at City Hall

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Are you a Risk Manager or a Risk Taker?

There are several inescapable certainties of life that affect each one of us. You know the two standards; "death & taxes", one can eliminate the other and one has been said to cause the other but there are more and one in particular that I want to discuss this month, *risk*.

You cannot live without risk; it's at work, at home, and most hobbies involve risk. Many cities and private companies hire Risk Managers who are tasked with dealing with risks to employees, equipment, and infrastructure and the risk city or business employees can pose to the public. Their most important task is reducing the financial impact that risk can have on city government and/or private business. If the affect of risk is significant enough for business and government to invest substantial amounts of money in, then I suggest to you its significant enough for individuals and families to invest some time and energy to.

You cannot eliminate all risk from your life but you can become a Risk Manager and formulate plans and procedures to reduce the risk that you and your families face every day. The first step is to recognize the high frequency/high risk activities you participate in each day; driving for example, then devise ways to reduce that risk such as; never exceed the speed limit and conversely not driving too slow in high speed traffic, avoid driving in rush hour traffic when possible, perhaps taking a longer route through low traffic areas can reduce some risk, and finally wearing your seatbelt can reduce the financial

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and physical affect of a vehicle wreck if you are in one. Other personal high frequency/ high risk activities might be mowing & weed eating the lawn, child and adult sports, and there are too many occupational risks to mention here. Any activity that involves alcohol is definitely high risk and needs to be included in “risk management”.

Next I would suggest you examine the risk involved in the low frequency activities you participate in. Do you go snow skiing once a year? That’s a low frequency/high risk activity. Make a list of the activities and associated risks involved and write a game plan for reducing or eliminating those risks if possible.

My goal is not to take the fun out of life. Some risk is exhilarating but the physical and financial affect of a bad accident can be devastating. My goal is to get you to become a risk manager and begin making your life safer. Neither is it my goal to give you a “risk management list” but rather to get you and your friends or family to develop a personalized plan that addresses your lifestyle. Make Risk Management part of your lifestyle and prepare for it occasionally just like you prepare a budget or for a vacation. Include your children in the planning. Explain to them that there are risks in many of the things they enjoy doing but you want them to keep doing those things because they are healthy and fun. Ask your children to help you develop a list of the risks and possible outcomes associated with their activities and then ask them to help you think of ways to minimize that risk.

I know many of you already “think safety” because I see more and more children and adults wearing helmets when they ride bicycles and using child safety seats and so on. To you I say congratulations and thank you. Risk Management is a higher level of that type of thinking and a way to take control, or ownership if you prefer, of another part of your life. It’s not just obeying the safety laws but going beyond what the law says and managing the risks in your life that laws can’t touch.

Terry Hamilton
Deputy Fire Chief

RISK MANAGER

I have heard many people say they are afraid to do CPR because of the mouth-to-mouth contact. Here is an interesting approach from the Sarver Heart Center at the University of Arizona. This technique requires no mouth-to-mouth contact. This procedure is now accepted by the American Heart Association. For more information, visit their website at www.heart.arizona.edu.

Frank Finley
Risk Manager

In witnessed unexpected collapse in an adult (usually the result of cardiac arrest) studies have shown chest compression only without mouth-to-mouth breathing by bystanders is the preferred approach.* Follow these instructions to perform Continuous Chest Compression (CCC) resuscitation:



Direct someone to call 911 or make the call yourself.



Position the victim on the floor on his or her back. Place the heel of one hand on top of the other and place the heel of the bottom hand on the center of the victim's chest (usually between the nipples). Lock your elbows and begin forceful chest compressions at a rate of 100 per minute. After each chest compression make sure you lift the heel of the hand completely off of the chest.



If an AED (heart with lightning flash symbol) is available, turn the unit on and follow the voice instructions. If no AED (automated external defibrillator) is available, perform continuous chest compressions until the paramedics arrive. Continuous chest compressions is physically tiring so if someone else is available, take turns changing partners after each 100 chest compressions.

*In suspected drowning or drug overdose, follow standard CPR procedures (alternate 30 chest compressions with two mouth-to-mouth breaths)

POLICE DEPARTMENT

The Nichols Hills Police Department has two new employees. Please help us in welcoming our newest members:



Officer Julie Goertzen served approximately five years in the U.S. Army. She spent four years in Germany and one year in Iraq. Officer Goertzen served as a military police officer. She was a sergeant in charge of eleven soldiers and trained military police officers. She also trained Iraqi police in Bagdad.

Officer Goertzen is looking forward to meeting the citizens of Nichols Hills, and wants to specialize in community safety.

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Communications Officer Ricky Dennis has a background in medical health care. He completed his communications training and is currently working day shift in dispatch. His responsibilities include police, fire, and 9-1-1 communications, as well as records and walk-in traffic. He has always wanted a career in law enforcement, and is thrilled to be starting his career with The City of Nichols Hills.

ANIMAL RESCUE FRIENDS

If anyone wants to assist ARF in it's mission of saving unclaimed, impounded pets in Nichols Hills, they can donate time, old collars, leashes, crates, dog beds, food, treats, toys and of course money by mailing checks to Animal Rescue Friends, Inc of Nichols Hills, C/O Public Works, 1009 N.W. 75th Street, Nichols Hills, OK 73116 or by calling 843-4222 about donating items. ARF will respond by sending a 501 c 3 tax deduction letter (and offering a cat or a dog!).

Available For Adoption:



Jazz is about 4 years old, weighs 60 pounds and is extremely smart.

He might be part Catahoula Leopard Dog (the state dog of Louisiana) which is a type of herding dog and he certainly fits the profile.

He has been assessed and trained for obedience at K9U and is good with SOME other dogs but not with cats.

He loves to go on long walks and is housetrained.

Call 843-4222 if you would like to meet him.